

Peculiarities of the heart rate in women exercising fitness in response to the standardized muscular load

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Abstract

© Medwell Journals, 2015. In women of the control group during standardized muscular exercise within the first 2 min, the heart rate reaches the maximum and at the 3rd min of doing physical exercises the heart rate is reduced. During the recovery period upon completion of muscular loading the heart rate is not reduced to initial values. In women of the experimental group by performance of the Harvard step-test the heart rate gradually increases during three minutes of muscular exercises. At that the heart rate by muscular loading appeared to be much lower than in women of the control group. Upon completion of muscular loading already during the two minutes of rest the heart rate in these women is significantly reduced and by the 4th min reaches the initial values.

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Keywords

Fitness, Heart rate, Muscular, Systematic exercise, Women